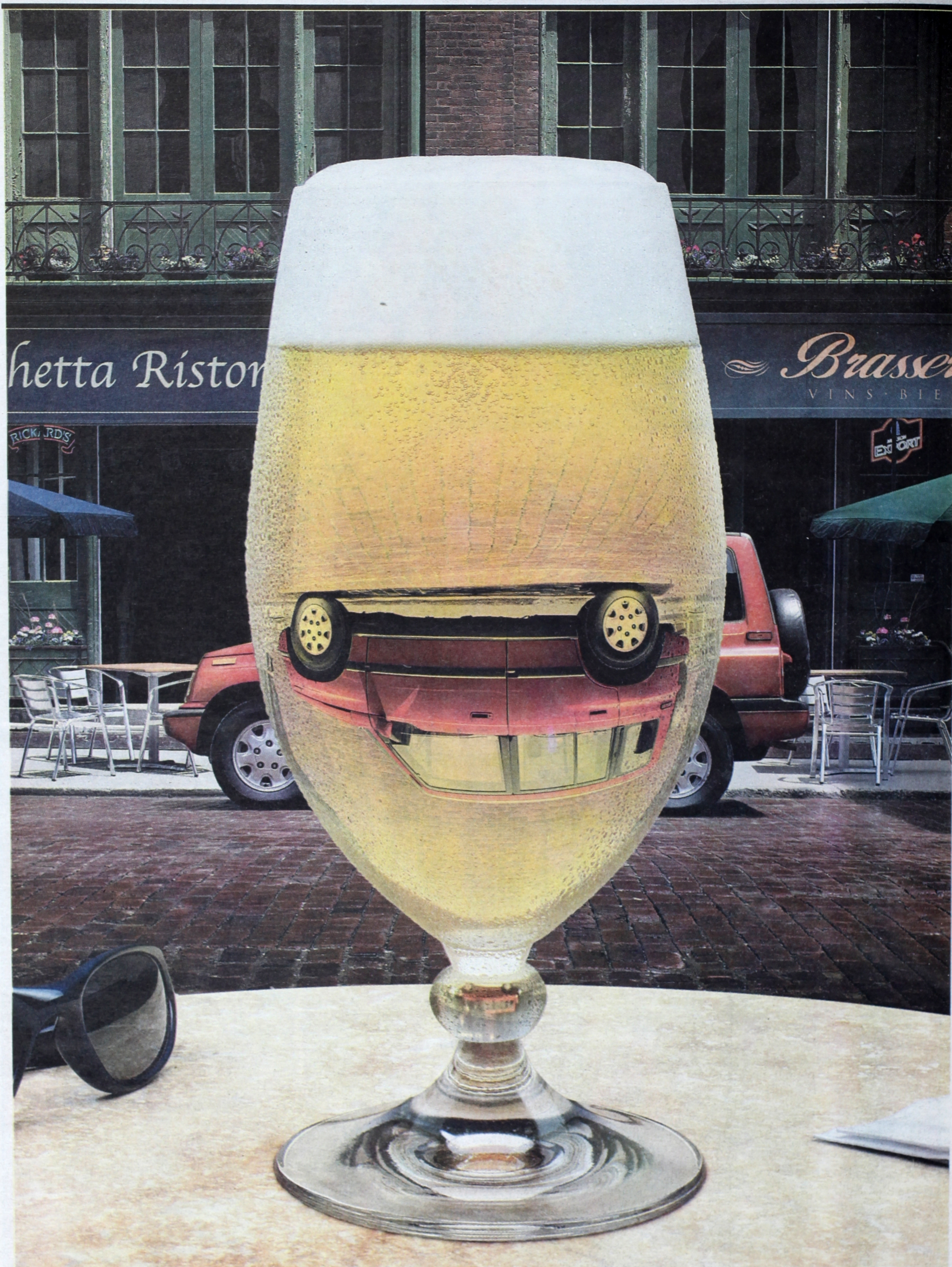




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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Students' General Association.

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Laurentian University
Sudbury, ON, P3E 2C6
(705) 673-6548

Email:

lu_lambda@yahoo.com
or

lambda@laurentian.ca

Write to Us

But please remember to include your full name and student number. Articles and letters submitted lacking this information will not be considered for print. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length. Letters of a harassing or slanderous manner will be dealt with by the proper authorities.

E-mailed Submissions

If you are emailing us a submission for the paper, please ensure that the attached file is saved as TEXT or Word, because we cannot transfer other files to Mac format. As well, please ensure all submissions have your name and student number because articles submitted lacking this information will not be considered for print.

ASK Alli: The In-House Advice Guru

Dear Alli,

Hi Alli, I think that I might be feeling suicidal. I have not made any attempts, well other than cutting my arm a couple times, but not deep enough for it to bleed. Anyway, I'm not sure what I should do, a friend told me I should go to the hospital, and another friend told me I should go and talk to a counselor. I think well in words so I thought I would write first. I am feeling depressed, lonely, I cry a lot, and my appetite has even decreased, what should I do I am feeling very scared.

Alli's response

I would like to acknowledge your courage and your strength for writing into me about such a serious issue. However, what you have described is normal. According to Walter, Steptoe and Sonja (2003), a growing number of students are now arriving on campus suffering from depression and other emotional disorders—some diagnosed, some hidden.

So that traditional moment of new beginnings is at times, now being haunted by deep anxiety and gloom.

You may not be aware of this, but suicide is a very common feeling among university students, more so this time of year. As much as 45% of students state having feelings of severe depression related to thoughts of self harm (Walter, Crittle, & Steptoe 2003). Furthermore, Coleman (1999), states that a startlingly high proportion of university students have tried to kill themselves and almost two-thirds have thought about it. And to combat against some of the common myths about suicide, just because someone openly talks about it does not necessarily mean that they do not have the intent to end their life. Feelings can range from a belief that life is not worth living to having attempted suicide (Coleman, 1999). The pressure is on with exams fast approaching; the weather is not exactly ideal so students are forced to say indoors, keeping warm and concentrating on studies in their rooms. This leaves little room for social activities.

Many of the things you have stated in your question do concern me. First off you might consider going to the Laurentian University's Office of Student Life and speaking to a counselor there who would be able to help and guide you along in addition to assessing your risk of suicide.

Lastly, this is a call to all or any students having similar thoughts or any students who may know of someone, either a friend, relative, or roommate, please tell someone, anyone as soon as possible. You can tell a family member, a friend, your doctor, a professor, an RA or even a counselor. We are all here to listen and to help.

Resources for those experiencing a crisis situation

Telephone #... Office of Student Life
L210 673-6506

Warm Line 671-9276 Monday to
Friday 6:00pm to 10:00 pm

Crisis Center 675-4760

Continue sending your questions
to ask_alli@hotmail.com.

Remember that all questions are
kept confidential.

Bal de bienfaisance Noir & Blanc

Soirée du samedi 31 janvier 2004
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The Heart Saver

By: Patrick McFarland
Certified Fitness Consultant

The cardiovascular system, which consists of the heart and blood vessels, along with the lungs provide the body with the energy needed to carry out many bodily functions. The lungs allow the transfer of oxygen into and the removal of carbon dioxide from the blood stream. Once the oxygen reaches the blood stream the heart pumps the oxygen rich blood to all areas of the body. The oxygen is then used to produce adenosine triphosphate (ATP), which is the main source of energy used throughout the body. The process of using oxygen to produce ATP is called aerobic respiration.

One major function of the body that is fueled by this process is movement. Movement is created through a series of muscular contractions requiring energy in the form of ATP. In prolonged periods of movement (i.e. continuous physical activity), aerobic respiration provides the bulk of the energy needed to perform the activity. It is evident that if more

oxygen can be transported to the muscles, more energy can be produced for the muscles to use.

What does this have to do with having a healthy heart? Consider this, a strong heart can pump more blood per beat than a weak heart, and can therefore transfer more oxygen to the muscles per beat. Physical activities of different intensities require different amounts of energy, the higher the intensity the greater the requirement of energy. Now, picture two people, one has a strong, healthy heart and the other does not. Both are performing the same activity at the same intensity, requiring the same amount of energy. Whose heart is beating faster and working harder? The healthy hearted individual will be transporting more oxygen per beat, meaning the unhealthy heart will have to beat faster to provide the same quantity of oxygen. On a day-to-day basis, the unhealthy heart, at any given time, will be beating faster and working harder than the healthy one. A heart can only take so much constant stress before dying out. Over a life

time this excess stress could lead to an early heart attack which may even result in death.

Clearly a healthy heart is a vital component contributing to improving the quantity and quality of life. Training the cardiovascular system 3-5 times a week can help strengthen and improve the efficiency of the heart. To train the cardiovascular system the heart rate needs to be increased for 20-30 minutes. The range of heart rates must be within approximately 55-85% of your age predicted maximum heart rate to benefit aerobic fitness. To calculate your age predicted maximum heart rate simply subtract your age from 220. Now just multiply that number by 0.55 and 0.85 for 55% and 85% of your max heart rate respectively. The activity you choose doesn't matter as long as you can elevate your heart rate into this range for the required amount of time. With regular training of the cardiovascular system, everyday activities will put less stress on the heart, ultimately increasing its lifetime...and yours!

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LAURENTIANS FIRST EVER

"LEARN TO ROW"

SUCCESSFULLY COMPLETED

By Melody Ranger

Sixteen Laurentian students can now say that they have learned to row.

With the weather deteriorating and winter months creeping in, two Laurentian professors, Shannon Hengen and Charlotte Leonard, who are also members of the Sudbury Rowing Club, had to move quickly to get their idea rolling. After joining efforts with Melody Ranger and Jennifer Rowlinson, two Physical Health and Education students, they were able to get the first ever "Laurentian Learn to Row" off to a speedy and eager start.

During evening training sessions every Tuesday and Thursday for four weeks, the sixteen students endured the best and the worst of Sudbury's fall weather. With the combination of amazing volunteers who taught the required skills and the determination of the hard-working rowers, they ended up with sixteen students who were well on their way to being great rowers. Before they knew it the training was over and it was time to get serious. Two boats of eight were established and a final Regatta was scheduled to test their skills. On

Tuesday October 16th the two teams climbed into their boats for their final face off. The horn blew and away they went.

In the end the program turned out to be a huge success. There is nothing more rewarding than bringing sixteen unacquainted students together for a great time, making students aware of and involved in one of Sudbury's many extracurricular activities and lastly but most importantly, promoting active living.

Without the support of many volunteers and sponsors, this program would not have been such a success. Special Thanks should be extended to the Laurentian President, Dr. Woodsworth, for presenting the medals to the hardworking rowers and making it possible to have the medal presentation and social at the Robertson Cottage. Other Thank you's include; Tim Horton's for hot chocolate, Pete's Rental for mugs, Crawford's Food Basics for pop, Toppers Pizza, and lastly but not least, Party Novelties for the silver and gold medals. Keep your eyes peeled for next year 2nd annual Laurentian Learn to Row.

By: Ian Harrison
Chaplain at Huntington University

I will admit up front that I don't watch many shows on television at all, so I'm not exactly a reliable source when it comes to knowing about the content of today's prime-time programming.

However, I must get a word in regarding the commercials I have been seeing on a repetitive basis during the limited hours I turn the box on each week, and I must say I am astonished! Two of them have been from the Subway sandwich chain. Their closing slogan on one of the ads calls their product: "Good food... so you don't have to be." Are they advocating misbehavior as a reason to buy their food? Is a sub with whatever toppings you select supposed to cleanse your soul?

Another commercial, also from the Subway outlet, consists of a patient in an examining room waiting for what I assume are test results. The doctor eggs his patient on, making him think the results are devastating, then

explodes into hysterical laughter, telling the patient he is absolutely fine and that the good doctor happened to eat at Subway. Not only is the ad completely ridiculous (which was probably the point in the first place), but it tries to find humor in a situation many people have been through and who would probably slap you and their physician if we or they ever took it lightly.

The final revolting example is from a car company promoting their new "24 Hour Test Drive," with a woman comparing her day-long spin with an implicit sexual indiscretion that could be equated with adultery against her husband.

Just speaking personally of course, these are not the kinds of tasteful or credible messages that would induce me to buy a product. However, I have deeper concerns than these. TV ads, with their instantaneous attraction and goal to pull the viewer in and remember their taglines, are slated to be some of the most effective ways through which companies endorse them-

selves.

Whether they are taken seriously or not, they shape our culture and work to build associations between their product and us. What are we projecting here? Without any added commentary to reflect upon them or any further narrative to continue these mindless stories, there is nothing or noone there to state (as I just have) that the values and attitudes being projected here are crude, inappropriate, and morally reprehensible.

Why can't commercials contain a bit of integrity or intelligence? Maybe I'm asking for too much here, but what about an ad or two with a bit of truth in advertising, which state the real incentives for driving a certain car or choosing this spot for lunch?

I like to believe that our buying public are not that incompetent as to fall for any of these ridiculous ploys, but then again, maybe there are people out there who believe a sandwich is the route to salvation? God help us!



Calling All Students

Don't miss out on this great volunteer opportunity!

United Way/Centraide is looking for volunteers to assist the distribution of donation vouchers during our Give-A-Buck campaign at local Your Independent Grocers locations.. Volunteers will be at the entrances of the YIG stores and will be giving customers a \$1.00 donation voucher and asking them to support the United Way/Centraide by giving the voucher to the cashier to have \$1.00 added to the grocery bill.

The Give-A-Buck campaign takes place Friday, November 28th, Saturday, November 29th and Sunday, November 30th, 2003 during regular store hours.

Volunteers are needed at the following Your Independent Grocer locations:

Battistelli's Your Independent Grocer (Lively)

Briere's Independent Grocer (Chelmsford)

Dumas' Your Independent Grocer (Lorne Street)

Moncion's Your Independent Grocer (Hanmer)

Poultin's Your Independent Grocer (Regent Street)

If you have a great smile and friendly attitude please contact:

Deborah Lavallee

560-3330

uwvolunteer@sudbury.unitedway.ca

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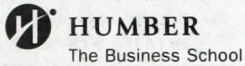
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"Down the Road with the SGA/AGE"



By: Erika Mieto
SGA/AGE President

president@sga.laurentian.ca

Well it's that time of year again*there are roughly two weeks of school left before exam period dawns on us then its home for Christmas holidays for a nice break with family and friends.

This time of year also brings the opportunity to help those in our community who are less fortunate than us. Starting this week the Students' General Association (SGA/AGE) has set two goals towards making Christmas a little happier for those in the Greater City of Sudbury area. One of our incentives is our ANGEL TREE.

It has been five years since the SGA/AGE first began the ANGEL TREE. Each year the Children's Aid Society and the Geneva House provides the SGA/AGE with

a list of children's names and ages. This information is then placed on an Angel ornament on our Christmas tree in our office. We then invite the students, staff, and faculty from Laurentian to purchase a Christmas gift for one of our children who may not receive a gift due to their at-risk situation or circumstances at home. If you are interested in brightening a child's Christmas this year, please drop by our office located in the Student Centre room 212.

This week we will also kick off our Food Bank donations with the SKIP-A-MEAL program. During the your lunch hours this week you may have seen a member from our wonderful crew of SGA/AGE volunteers outside one of our two cafeteria's asking you to donate a portion of money from your meal plan towards our Food Banks. If you missed us this week, you can stop by our office to pledge a donation or contribute a perishable item to our Food Banks.

On behalf of the SGA/AGE I wish you all a safe and happy holidays! Our office will be open regular hours (Monday thru Friday 9AM to 4:30PM) until Friday December 12th.

Who Can Participate In Intramural Sports?

By: Kim Nicholl
Intramural Assistant

Intramural Sports focus on friendly competition among the Laurentian University community. It is a great way to stay in shape, have fun, and take a break from studying. This year there are thirteen different sports to choose from spread throughout the entire school year. Examples include basketball, indoor & outdoor soccer, volleyball, cross country skiing, etc.

All full and part-time students, full and part-time faculty, as well as full-time staff are eligible to participate in any sport in the Intramural Program. Every participant must also be an

Active Living member in good standing.

If you are interested in a team sport, just grab a team with at least the minimum players required for that specific Intramural activity. Appoint a captain for your team and come sign up during the appropriate registration dates at the Active Living office (B-226), located in the Ben Avery Building. For co-ed events, the minimum equity requirement must be met. (Example: 2 females on playing surface at all times.)

Do not have a team, but still want to play? Come submit you name anyway, and we will try our best to appoint you to a team.

Hope to see everyone out at the next Intramural Sporting event!

Events Offered from the Intramural Sports Program

By: Kim Nicholl
Intramural Assistant

Laurentian University offers one of the best Intramural Sports Programs in the country. Two years in a row (2002 & 2003), we were given the Excellence in Intramural Sports Programs National Award from the Canadian Intramural Recreation Association (C.I.R.A.). This year we continue to strive to keep our program the best in the country.

There are many Intramural Sports to choose from at Laurentian University; therefore you are sure to find at least one sport that you are interested in joining. First semester sports include Men's and Women's Basketball league, Outdoor Tennis, Soccer and Badminton tournaments, Super Splash Cannonball competition, and the newly added 4X4 Modified Volleyball league. Super Splash Cannonball competition is a great way to have some fun as a participant as well as a spectator. You can come out and show you cannonball capabilities off our Olympic tower. 4X4 Modified Volleyball is a new league that has been added this year. To keep our Intramural Sports Program dynamic, certain sports will be cycled in and out.

During second semester you can come have some fun at many other activities that take place. Indoor Co-ed Soccer and Volleyball league will be up and running throughout second semester, as well as daily events such as X-Country Skiing and 3x3 Basketball. If you like water sports, come out to our Innertube Waterpolo and Water Basketball events.

Keep your eyes peeled for posters that will be around campus to get information on registration dates as well as event dates. All registration takes place in the Active Living office (B-266) located in the Ben Avery Building. The office is opened between 9 a.m. and 4 p.m. and closed for lunch between 12 p.m. and 1:15 p.m. If you have any questions do not be afraid to contact us at 675-1151 ext. 1018.

How to register for Intramural Sports?

By: Kim Nicholl
Intramural Assistant

Everyone is welcome to come out and enjoy some friendly competition within the Intramural Sports program. It is as "easy as 1-2-3" to get involved, so come and sign up.

Look for posters around the Laurentian University campus telling what Intramural events are taking place next. The registration dates will be clearly stated on these posters as well as, the team roster requirements and registration fee.

During the dates of registration, bring your team rosters and registration fees to the Active Living office (B-266), located in the Ben Avery building. The office is open Monday to Friday between the hours of 9 a.m. and 4 p.m. and will be closed for lunch from 12 p.m. to 1:15 p.m.

For an entry to be complete, the completion of the registration form must include of two contact names/team captains, as well as every participant's full name, telephone number, student number, and e-mail address. The registration fee must be paid upfront (if applicable) to be a legitimate entry.

If you cannot find a team, but you still want to join, just bring your information into the Active Living office between the event's registration dates. We will gladly take your information and try our best to appoint you to a team.

Entry dates for the various Intramural Sports are inflexible. Late entries may only be accepted to fill a league or due to extraordinary circumstances. Make sure you get your team registered early, in order to avoid disappointment.

Take a break from studying. Come out and have some fun at the next Intramural Sporting event!

CKLU Annual Fundraising Drive

On November 28th, Cklu begins its annual 10-day fundrasing drive. Beginning with a 24 hour music marathon, this team of 4 people will go out to local businesses and bars to spread the word about CKLU. Accompanied by the 24 hour music marathon will be host Paul Loewenberg, who also hosts Monster a go-go every Wednesday from 10:00 am to noon.

Here is an outline of the fundrasing events.

Nov. 29th: TBA

Nov. 30th: TBA

Dec. 1st: Head to the Townehouse. \$8.00 per person with all proceeds going to CKLU.

Band : TBA

Dec. 2nd: Medi Challenge. The office which donates the most to CKLU from local media agencies will win a 2 hour time slot on CKLU between 4:00 pm and 6:00 pm.

Dec. 3rd: Karaoke in Student Lounge from 11:00 am to 2:00 pm. A donation must be made to CKLU for each song played.

Dec. 4th: E-Bay Day. Special items will be up for grabs on eBay. Use your PayPal to buy cool stuff!

Dec. 5th: TBA

Dec. 6th: TBA

Dec. 7th: The Green Tea Pot located at 65 Elm St. Sudbury. A brunch from 11:00 am to 1:00. Musical guests are TBA. Tickets are \$10.00 per person.

Composition by Dr. Robert Lemay Selected as a Finalist for the Harelbeke Muziekstad 2003-2004

The Music Department of Huntington University College in Laurentian University is pleased to announce that a composition by Dr. Robert Lemay has been selected as a finalist for the Harelbeke Muziekstad 2003-2004, a prestigious international wind ensemble composition contest in Belgium. The jury selected Lemay's *Ramallah* as one of the three finalists chosen from fifty-one entries from fifteen countries. The final stage of the competition takes place in Harelbeke, Belgium, in November 2004, when a second jury will award first, second and third prizes. The top prize is worth 10,000 Euros. Lemay has been invited to assist with

the rehearsals for the public performance.

Ramallah is scored for saxophone and wind ensemble. Lemay says he was inspired to write the work because of two events in the Middle East in the year 2000. On Sept. 30, 2000, twelve-year-old Mohamad El Doura was shot by Israelis soldiers during a raid by the Israeli army into the Gaza Strip. On Oct. 12, two reservists of the Israeli army were lynched by a mob of Palestinians at the Ramallah Police Station in the West Bank. The music vividly depicts the fear and insecurity of people who must struggle to live in an atmosphere of terror.

Ramallah was written in Sudbury in 2001 and

received its premier performance later that year in Québec City at the Ensemble vents et percussions de Québec with Jean-François Guay as soloist. Subsequently, it was performed at the opening gala of the Asian Music Festival in Tokyo, Japan, by the Tokyo Kosei Wind Orchestra with soloist Nobuya Sugawa.

Lemay teaches music theory, composition, and contemporary music as a part-time member of the Huntington music faculty

For more information: Yoko Hirota: Tel:673-4126 Ext 216. Fax: (705) 673-6917 E-mail: yhirota@laurentian.ca

Angus Gilbert Memorial Lecture to examine 16th-century Catholic Church in France

Dr. Alain Tallon, history professor at Université Paris IV, will give the 11th Angus Gilbert Memorial Lecture at Laurentian University.

Admission is free to this public lecture entitled "L'Église gallicane au XVI^e siècle, entre État et réformes" (The 16th Century Gallican Church: Between State and Reform), to be held Wednesday, November 26, at 7 p.m., in the Brenda Wallace Reading Room of the J.N. Desmarais Library. Everyone is welcome to attend. This lecture will be presented in French.

In France, the Catholic Church known also as the Gallican Church is a national church. Pursuant to the concordat of 1516, the king had extensive rights in his country over this institution. As early as the 15th century, the Gallican Church helped to form a national identity and cultivate nationalist sentiment. But this was also an era of protestant reform, founded by Luther and proliferated in France by Calvin and the Catholic response the Tridentine Reform.

Henry II tried to distance himself from the Tridentine movement, which strengthened the Church's roman character, by trying to promote the Gallican Church as a third channel able to maintain the country's religious unity. But the polarization between the two reformist movements resulted, as of 1562, in religious wars that did not stop until the end of the century.

This situation gave rise to numerous

issues regarding the connection among the Church in France, the monarchy and the national sentiment. Dr. Tallon's lecture will examine whether it is valid to interpret the Gallican Church as a potential third channel between Protestantism and Roman Catholicism.

Dr. Alain Tallon holds a history professorship at Université de Paris IV and specializes in the history of 16th- and 17th-century religion in France. His books examine various aspects of the history of the French Catholic Church during protestant and catholic reforms. The following are among the books he has authored: *La Compagnie du Saint Sacrement* : 1629 1667 : spiritualité et société, *Le concile de Trente, La France et le Concile de Trente* : 1518 1563 and *Conscience nationale et sentiment religieux en France au XVI^e siècle : essai sur la vision gallicane du monde*.

The Angus Gilbert Memorial Lecture was created in honour of the late Dr. Angus D. Gilbert, long-time chair of the Department of History and highly respected member of the Laurentian University academic community.

This year's lecture is sponsored by Laurentian University's Office of the Vice-Presidents, Academic, Dean of Social Sciences and Humanities, and the Department of History. It also received the support of the French Consulate in Toronto.

For more information, please contact Dr. Pierre Simoni, history professor at Laurentian University, at (705) 675 1151, ext. 4258.

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Award Winning Producer, Writer and Director To Host Television Workshop

After the success of her Producing Documentaries workshop in held in May 2003, Music and Film in Motion is excited at the opportunity to have award winning producer, writer and director Susan Stranks return to Sudbury to host Getting on the Tube - Producing Non-Dramatic Television, the final workshop of its fall series.

With 20 years experience in the broadcast industry, Susan's extensive credits include The Gemini's, On The Road Again, Canada Day, Kids In The Hall, and numerous variety specials including Anne Murray's What A Wonderful World. Her awards include a Gemini for Best Light Information Series (On The Road Again), a Canadian Nurses Association Media Award for If A Tree Falls, 7 ACTRA awards, and an Anik award. Her Gemini nominations include Best Light Information Series and Best Information Program (The Great Canadian Heritage Quiz).

As Head of Program Development for CBC British Columbia, Susan developed programming for regional and network consumption, including documentaries, variety series', children's and lifestyle programming. She was also Executive Producer of WTN's Toronto in-house production unit where she was responsible for a staff of 40 and producing 7 hours a week of original programming.

Susan's recent documentaries include Fiddle Park, which aired on CBC Rough Cuts and the CHUM stations, A Joyful Noise, broadcast on Vision and APTN in the fall of 2001, as well as her latest award-winning documentary, If a Tree Falls, which aired on

CBC Rough Cuts in the fall of 2002. She has just wrapped production on 26 episodes of Oui, je le veux!, a 1/2 hr. documentary series for Canal Vie.

Her next documentary, At Death's Door, is in development with CBC. Getting on the Tube - Producing Non-Dramatic Television is an introductory /intermediate weekend workshop designed to take participants through the various stages of bringing a television concept to the screen. The workshop will deal with focusing on achievable goals in the development of a concept, what works and what doesn't with co-producing and partnerships, budgeting and funding your show, as well as production, broadcasters and distribution. This workshop is sponsored by the Ontario Media Development Corporation.

The cost of the workshop is \$75 for members, \$50 for student members and \$100 for non-members and will take place on November 28th, 29th and 30th at Music and Film in Motion, located at 45 Durham St., Suite 105 in Sudbury. There are also a limited number of travel bursaries available to anyone who is coming from outside of the Greater Sudbury region.

If you are interested in registering for the workshop, or in becoming a member, please contact Music and Film in Motion at (705) 674-9954, or visit our website at www.musicand-filminmotion.com for more information.

MFM is a non-profit organization whose mandate is to foster and promote the development of the film and music industries in Northern Ontario.



Lady Vees' Destroy Thunderwolves

Tierney Hoo (Huntsville, ON) led the way for the Laurentian Lady Vees' with 22 points and nine rebounds as they trounced the Lakehead Thunderwolves 94-68 in Friday night's match up held at the Ben Avery Gym.

The first half was dominated by the Lady Vees', they headed into halftime with a 42-26 lead.

The Thunderwolves came out stronger in the second half but again the Lady Vees' were simply too much to handle and came out on top by 26 points.

Other high scorers for Laurentian included Cara Dodsley (Tillsonburg, ON) who scored 20 points and Cassandra Carpenter (Kanata, ON) who chipped in with 15 points of her own, while pulling down 5 rebounds.

High scorers for the Thunderwolves were Robyn Degray and Katerina Martinovic who had 21 and 20 points respectively. The rest of the team combined only managed 27 points.

Lady Vees' Coach Mike Clark was satisfied with the result of the game but indicated that his team did not shoot nearly well enough. "We shot 9 for 34 on three point field goals, had we shot better we could easily have had 110 points tonight" were Coach Clark's comments after the game. He also acknowledged the play of Hoo and Dodsley saying "Tierney Hoo had 22 points and nine rebounds, that is good for a guard and Cara Dodsley gave one of her best efforts tonight with 20 points in 20 minutes."

Aqua Vees' Defeated by Guelph

The Aqua Vees' visited the Guelph Gryphons Sunday November 9 and lost to the home team 189-75. Even though the score heavily favoured the Guelph squad, the veterans and rookies all had solid performances for LU.

Rookie Matt Puttkemery (Stayner, Ont.) was awarded with Swimmer of the meet honours for his performances in the 100 BK (1:03.75), 200 BK (2:23.90), and the 200 FR (2:09.64), swimming season best times in each race.

Other notable performances for the Aqua Vees' were Colin Jenkins who finished first in the 400 and 200 IM, and second in the 100 FL and 100 FR; Marshall Bonner (Lotus, Ont.) finished first in the 50 FL and 50 BK, along with a second place finish in the 50 BR; Emmanuel Angrand (Sudbury, Ont.) finished the meet with a third place finish in the 50 FR; and Willie Paul (Sudbury, Ont.) rounded out the side with a second place finish in the 400 FR and third place finishes in the 200 FL and 100 FL.

The Aqua Vees' are continuing to prepare for the Divisional Championships to be hosted in Guelph November 22-23. Start times have been set for 4:30 PM Saturday and 9:30 AM Sunday.

Voyageurs' Upset by McMaster

The Laurentian Voyageurs' hosted the McMaster Marauders Sunday November 16 in basketball action at the Ben Avery Gym. The final score was 96-72 for the visiting team.

The Voyageurs' battled throughout the entire game, but McMaster proved to be the stronger team Sunday as they outmatched the LU squad.

The Voyageurs' leading scorer was Andrew Greig (Tofino, BC) with 16 points. Greig also earned five rebounds and four assists in the loss.

Other notable scorers for the home team were Nathan

Graham (Scarborough, Ont.) with 15 points, Jim Jefferson (Val Caron, Ont.) had 14 points and four assists, and Ben Palmer (Kincardine, Ont.) had 11 points and five rebounds.

Head Coach of the Voyageurs', Virgil Hill, stated, "The guys played really hard today and fought for every ball. The strong McMaster team dominated the first half and we could not match their intensity level."

The Voyageurs' will travel to Ottawa Friday and Saturday to play the University of Ottawa and Carleton University. Tip-off times have been set for 8:00 PM.

Lady Vees' defeated by Marauders

The Lady Vees' hosted the McMaster Marauders Sunday November 16 at the Ben Avery Gym. The final score was 67-56 in favour of the Marauder squad.

The Vees' battled hard throughout the whole game but could not match the dominating play put forth by the defending OUA Champions.

Tierney Hoo (Huntsville, Ont.) was the leading scorer for LU with 18 points. In 33 minutes on the court, she also had six rebounds and two assists.

Other scorers for the Vees'

include Cara Dodsley (Tillsonburg, Ont.) with 10 points, Cassandra Carpenter (Kanata, Ont.) and Carolyn Plummer (New Maryland, NB) each had eight points, Erica Johnson (Sudbury, Ont.) scored five points, and Symone Wilson (Brampton, Ont.), Brianne Henry (Kitchener, Ont.), and Caitlin Blackadder (Cornwall, Ont.) rounded out the scoring with two points a piece.

The Lady Vees' will be in action next Friday night when they travel to Ottawa to face the Gee Gees. Game time has been set for 6:00 PM.

Pat & Mario's Athletes of the Week

L Laurentian Athletics is pleased to announce Nathan Graham and Tierney Hoo as this week's "Pat and Mario's Athlete of the Week".

This past weekend, the Voyageurs' basketball squad split their matches against the Lakehead Thunderwolves and McMaster Marauders. LU defeated the Thunderwolves 91-75 and lost to the strong Marauder squad 96-72.

Nathan Graham had two strong games against the visiting teams, scoring 11 points and racking up five assists and two rebounds in the Lakehead victory, while in Sunday's game, Graham scored 15 points with three rebounds and two assists.

Nathan Graham is from Scarborough, Ont. and is registered in his second year of the Arts program at LU. The Voyageurs' will travel to Ottawa to play their next games against the University of Ottawa Gee Gees and the Carleton Ravens Friday and Saturday night. Game times have been scheduled

for 8:00 PM.

The Lady Vees' basketball team also played Lakehead and McMaster this past weekend and split their contests as well. They destroyed Lakehead by a score of 94-68 and lost to McMaster 67-56.

Tierney Hoo had an excellent weekend for the Vees'. She led the team in points each game, scoring 22 Friday night against Lakehead and 18 Sunday against the Marauders. Also, she earned nine rebounds and four assists against the Thunderwolves, while on Sunday she had six rebounds and two assists against McMaster.

Tierney Hoo is from Huntsville, Ont. and is enrolled in her fourth year of the Human Kinetics program at LU.

The Lady Vees' will join the Voyageurs' on the road when they travel to Ottawa for games Friday and Saturday nights. Game times have been set for 6:00 PM.

Jefferson Leads Voyageurs' Past

Thunderwolves

The Laurentian Voyageurs' came out of the gate strong and never looked back as they won Friday night's game against the Lakehead Thunderwolves by a final score of 91-75. The game was held at the Ben Avery Gym.

The Voyageurs' poured it on from the get-go and were ahead 45-31 at halftime.

The second half of the game was more of the same as Laurentian dominated and Lakehead could simply not muster enough offense to bridge the gap between the two clubs.

Jimmy Jefferson (Val Caron, ON) led the way for the Voyageurs' with 34 points, including shooting 9 for 12 from beyond the arc. In 30 minutes of playing time, Jefferson also had five assists, four steals and four rebounds. Andrew Greig (Tofino, BC) had 18 points to go along with his five rebounds and four assists. Ben Palmer (Kincardine, ON) and Mike Raskevicius (Sudbury, ON) also reached double digits in points and finished with 11 points each. Palmer also had six rebounds.

Laurentian Voyageurs' Coach Virgil Hill was pleased with his team's effort. "We had good control of the game, we were unselfish and at times we were very responsible defensively" were Coach Hill's comments following the game. Visibly pleased he also added "Jimmy Jefferson had a game we expect Jimmy Jefferson to have for us and Andy Greig took care of things at both ends of the court, I like that."

Men's Basketball

Nov-16-2003
Laurentian: 72
McMaster: 96

Nov-14-2003
Laurentian: 91
Lakehead: 75

Women's Basketball

Nov-16-2003
Laurentian: 56
McMaster: 67

Nov-14-2003
Laurentian: 94
Lakehead: 68



The 2003-2004 Men's Basketball team Season Outlook

The 2003-04 season will see the Laurentian Voyageurs coming off a disappointing and inconsistent (10-12 conference round/12-12 overall) season where they finished a respectable fourth in OUA East conference.

With the departure of last season's leading scorer, Justin Colley, the Voyageurs will look to regroup with a squad that includes to seniors, two third year athletes and a tested second year class at its core.

Early signs suggest great depth in the back court, but the need to find depth up front remains to be seen.

Returning for their final season are fourth year grads Jim Jefferson (Val Caron, ON) at 5'10 and 180 lbs; and Colin Yates (Kelowna, BC) at 6'5 and 180 lbs. Jefferson is a two time All-Star and averaged in 2002/03 9.5 points per game and 2.4 rebounds per game, which was his lowest output since his first year. "He has re-dedicated himself this summer and has returned to the form we saw in his second season." Explains Head coach Virgil Hill. Yates spent the summer on the west coast with fellow teammate Andy Greig. Yates has slowly blossomed each year (6.2 ppg and 4.3 rpg) and has a chance to be an impact player with incredible athleticism and skill for his position.

Two third year players will see ample playing time with 6'4, 210 lbs guard/forward Andy Greig (Tofino, BC) and 6'1 465 lbs guard Ryan Done (London, ON). Greig was an immediate player for the Voyageurs, being second in scoring with 14.3 ppg and 4.1 rpg. Greig also led the nation with a 95%



free throw average and was in the top ten in 3 pt percentages with 41.5%. Says coach Hill: "Grieg may be the best shooter in the nation and as the rest of his game develops he will become even more difficult to guard."

Done has been in and out of the starting line up since his second season. An extremely intelligent player with great leadership skills, Ryan will compete for the starting point guard spot. Last season he averaged 4 ppg, 1.5 apg and 1.8 rpg.

While the Voyageurs battled through a tough year in 2002-2003, amidst wins and losses, three first year players earned valuable playing time. Leading the way was 6'8, 220 lbs centre Ben Palmer (who averaged 5.8 ppg and 4 rpg in 17 minutes of play. The adjustment coming from a small town was a difficult one for Ben, but being a

fierce competitor he returned home determined to have an even bigger impact this season. According to Coach Hill; "he is 80% better than last year and will be a force to contend with for many years to come."

The other two second year players are 6'4, 200lbs forward Aaron Sidenberg and 6'0, 190 lbs guard Nathan Graham. They will have to be consistent contributors this season. Graham had a great off-season as he spent two months with the Canadian National team at the Eastern Regional camp. While there, he improved immensely and proved that he deserved to belong to the Voyageur squad. He has returned with a new sense of confidence. Sidenberg returned to him hometown for the summer where he spent countless hours in the gym improving his perimeter shoot-

ing which will keep defenses honest this year.

Also included in this group are transfers Brody Brady 6'0, 165 lbs from Gogebie CC and Jesse Adjei 6'4, 210lbs previously from Memorial University. Bishop is originally from Prince Rupert BC and will have an immediate impact with his great understanding of the game and along with his skills. He has a chance to be an outstanding player in the league. Adjei is an explosive athlete who will cause problems for opposing defenders with his great fast step and tenacious rebounding attributes.

There are five new faces on the roster this season. Guard/forward James Goldsack from New Liskerd, ON leads the way at 6'4 and 190 lbs. Guard/forward Lucas Wieburga from Tillbury, ON and 6'0, 175 lbs guard Mike Raskevicius from Sudbury, ON have also joined the squad. They have adjusted well to the collegiate game and with continued improvement will challenge for playing time. Rounding out the roster will be red shirts 6'2 175 lbs Colin Sheridan from Sudbury, ON and 5'10 165 lbs Pablo Martinez from Mexico City, Mexico.

With a revamped roster, the 2003-2004 Voyageurs have a very positive and enthusiastic outlook. "Our coaching staff is teaching with a very positive and energetic tone, and that becomes contagious throughout the team," says Hill. "If we stay positive ply together, play hard and play with confidence I believe good things from this team."

The 2003-2004 Women's Basketball Season Outlook



The 2003-2004 season looks to have all the makings of a special season for the Lady Vees. Featuring First Team OUA All-star and All-Canadian prospect Tierney Hoo, the team boasts a strong group of veterans and three talented rookies.

OUA All-star Cara Dodsley anchors a back-court full of talent. Caitie Blackadder, Kate Walker, and Christal Blanchard provide athleticism and toughness and second year point guard Erica Johnson, from Sudbury's LaSalle Secondary School, is ready for a break-out season.

Up front, rookies Christi Bauck (6'3" North Lancaster, ON), Cassandra Carpenter (5'11" Kanata, ON), and Ashley

MacSporran (5'9" Waterloo, ON) add athleticism and toughness to a veteran group of forwards. Carolyn Plummer is a force in the low post and is complimented well by gritty fourth year veteran, Brianne Henry, perhaps the most versatile player on the squad. Lindsay Malott and Symone Wilson made major steps forward as sophomores and are ready to share the spotlight in their third year.

Up-tempo, fan-pleasing basketball will again be the norm at Ben Avery Gymnasium as the Lady Vees plan to capitalize on their depth, team speed and outside shooting abilities. All the elements are in place for a successful season and a much-anticipated return to the CIS Nationals in March.

Women's Basketball

Player Roster 2003-2004

Player Name
 Christianne Bauck
 Caitlin Blackadder
 Christal Blanchard
 Cassandra Carpenter
 Cara Dodsley
 Brianne Henry
 Tierney Hoo
 Erica Johnson
 Ashley MacSporran
 Lindsay Malott
 Carolyn Plummer
 Kate Walker
 Symone Wilson

Head Coach: Mike Clarke

Trainer/Manager:

Shannon Thomas

Assistant Coaches:

Jim Hann/Jen Bourget

Men's Basketball

Player Roster 2003-2004

Player Name

Lucas Wiebenga
 Ryan Done
 Jesse Adjei
 Nathan Graham
 Andrew Greig
 James Jefferson
 Ben Palmer
 Brody Bishop
 Mike Raskevicius
 Aaron Sidenberg
 Colin Sheridan
 Pablo Martinez
 Colin Yates
 James Goldsack

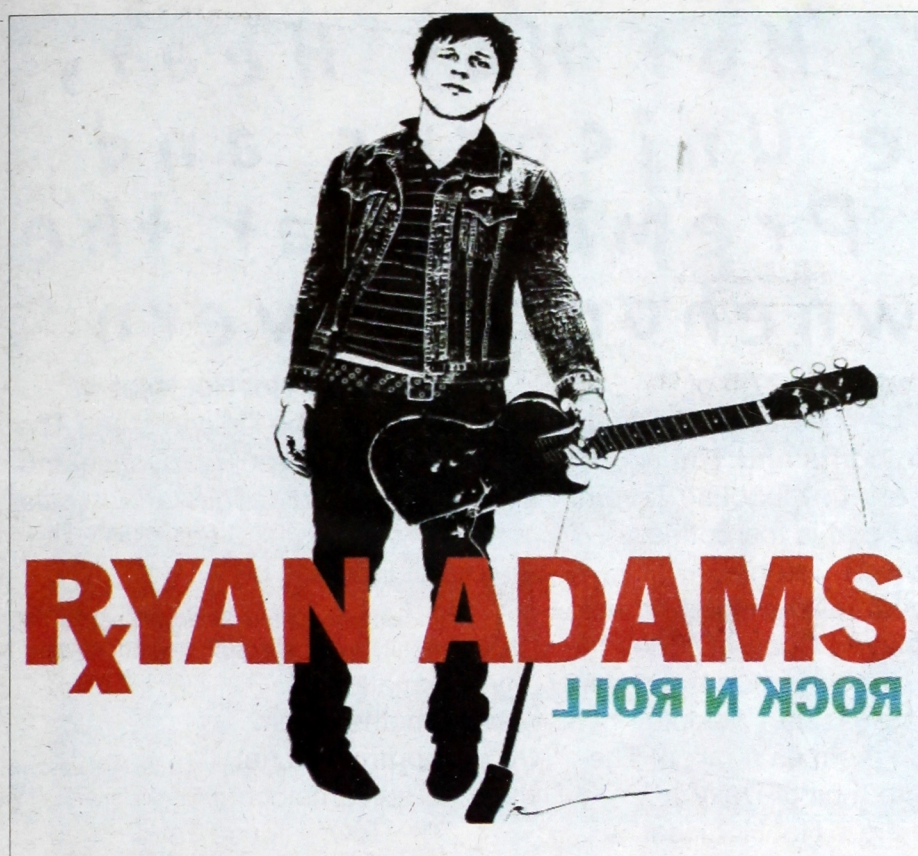
Head Coach: Virgil Hill

Trainer: Peter Hunt and Melanie Gardner

Manager: Peter Hunt

Assistants: Brad Hann & Bill Gordon

For Your Entertainment



By Chas Anselmo

Ryan Adams Rock N Roll

What can be said about Ryan Adams? One thing is that he is an artist to be messed with. Just try calling him Bryan and witness the wrath of the musician. Also, when he first completed Rock N Roll, the record label felt that this album would not produce the results that they wanted considering that it is the "official" follow-up to 2001's Gold. Yes, Demolition, Adams' 2002 release, is not an "official" release just like Beck's Mutations was not the official follow-up to Odelay. But I digress; Rock N Roll is a fitting follow-up to Demolition.

For those who have listened to Ryan Adams, Rock N Roll will be a bit of shock. After listening to this album only once, I realized that alt-country's spokesperson is no longer Ryan Adams. Immediately, Rock N Roll opens with a rocking track, "This Is It," that sets the tone for

the rest of the album. The album possesses an almost polished rawness if that makes any sense. "1974" is a perfect illustration to my previous comment. Also, "Shallow" is another track that would be completely alien if it had appeared on Gold but possesses the polished rawness. Now, I am not ready to say that Adams has abandoned the sound of Gold but he has evolved as an artist by doing something different and being able to produce a record that is booze for the ears.

Adams is a critic's darling and some argue that he is completely overrated but I disagree with that. Rock N Roll showcases what Ryan Adams is capable of, a great album. It is nice to see yet another artist realizes that there is nothing wrong with rock music. Rock N Roll is not an alt-country album but instead a great rock record from a true artist. Do not fear Ryan Adams, he will not disappoint you if you are into music. Go out, give him a try, then kick back, grab a cold one and enjoy what he is serving.

By Chas Anselmo

The Strokes Room On Fire

This time around I have decided to review arguably one of the most hyped bands in recent years. When the Strokes emerged on the music scene, critics from everywhere could not write enough about the greatness within this New York quartet. You would have thought they were the next Beatles. As someone who heard *Is This It*, applying that tag is much too lofty considering in my opinion, that album was mediocre. *Room On Fire* is the latest release but this time with even more pressure to impress.

Right off the bat, the Strokes open up with two tracks that show the band has matured. "What Ever Happened?" and "Reptilia" demonstrate that band is not the droning band of the past and that they can indeed write songs that although sound simplistic, can be powerful tunes. Now, I am not ready to declare that the band has reinvented themselves. Musically, there are

many similarities between their first album and this one but like I said earlier, *Room On Fire* is an improvement from *Is This It* because of attempts to diversify the sounds on the record. Case in point, the single, "12:51," which sounds like something that was coming out of New York in the late Seventies-early Eighties when Blondie and the Cars ruled the scene. With a keyboard-like guitar riff and handclaps, it is the catchiest track on the album.

Are the Strokes the next best thing? No, but are they a good band and is this a good album? Yes and *Room On Fire* is an album that shows that on their current pace, they will continue to be a good band. Critics place undue pressure onto bands like the Strokes in order to be the one who can take "credit" for discovering them if they are successful and/or in the case of failure, say "I told you so." Remember what the movie, *Big Daddy* told us about critics that they are "cynical a@#holes." I am telling you that this is a good album and deserves a listen for those who enjoy music.



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For Your Entertainment



It's Hot Hot Heat, The Unicorns and The Premiums at the Townehouse Tavern

On Thursday the 27th of November. It's **Hot Hot Heat, The Unicorns and The Premiums** at the Townehouse Tavern

Hot Hot Heat is the hottest band from Canada... right now!! They just played the David Letterman show... they played Conan O'Brian in the summer... they were on the cover of MacLeans Magazine. People have described them as a mix of The Clash, XTC with a bit of Dexy's Midnight Runners. Hot Hot Heat have been sent forth as Canada's entry to the exclusive 'garage revival' club, along with The White Stripes, The Strokes, The Hives, The Libertines, the Yeah Yeah Yeah's, etc.

A sweltering blend of head-pounding enthusiasm, heart-on-the-sleeve lyrics and hard-to-resist melodies, the ten original tracks of Make Up The Breakdown position this Victoria, BC-based quartet front and center among a new generation of back-to-basics rock & rollers. Deft ensemble playing, a firm grip on the short and sweet school of songwriting, and enough swagger and panache for a dozen rank pretenders — it all adds up to the Real Deal. "We've basically brought together four categories of influences: classic Beatles and Stones; punk rock; the whole singer/songwriter era and anything contemporary that's worth listening to."

Tickets for Hot Hot Heat w/ special guests, The Unicorns and The Premiums are \$15.00 in advance and \$18.00 at the door. They are on sale at the Townehouse Tavern, 206 Elgin St. and at Records on Wheels, 56 Elm St. Check out these bands websites for pictures, music and biography information... www.hothotheat.com, www.thepremiums.net and www.the-unicorns.com.

The Townehouse Tavern has long been Sudbury's home to the great new rock, underground, punk and party bands. Over the last thirteen years they have hosted such greats as... Fishbone, Nickelback, Scratching Post, Our Lady Peace, the Tea Party, The Planet Smashers, White Cowbell Oklahoma, The Torture King, The Rheostatics, Nashville Pussy, Fred Eaglesmith, King Apparatus, Dread Zeppelin, Razor, The Specials, Me Mom and Morgantaler, Thor, The Silverhearts, The Dears, Huevos Rancheros and many more. They are the only venue in Sudbury that offers public access to high profile roots musicians year around, such as Jenny Whiteley, Mose Scarlett, Bob Snider, Bill Bourne, and many more. They have music seven nights a week.

The Townehouse is located in downtown Sudbury, right next to the Sudbury Arena on Elgin St.

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2 SCOTT D.	3 RYAN	4 MATT MR. DANGLE PANTS THE TRUCKSTOP DREAMBOAT FOYZY TWO...	5 ALUN PIGGINS	6 ALUN PIGGINS ROGER MARIN	7 General Rudie MONDO IDOLS	8 General Rudie Inner City Surfers Torn Down Units
9 PAUL	10 RICHARD FOIERS	11 CHRIS HALLOWS	12 BRIAN DUNN	13 Stephen Franke & Noises from the Tool Shed	14 Ramble Tamble WENDY DEMOS	15 Double Pumpers WAX MANNEQUIN
16 RYAN	17 KATIE HAMILTON	18 Don & Bryan	19 THE DUHKS JESSE	20 THE INCIDENTALS QUASI MEPRIS	21 WARSAWPACK	22 Organix
23 WILL G.	24 THOM PEPIN	25 FOY	26 DON + BRYAN Jeffy's B-day	27 Broche a Foin HOT HOT HEAT	28 Far From Heroes POP PSYCHO Detective Kalita	29 THE CONSTANTINES
30 P. RHEAL						

All dates are subject to being obscured by clouds

Date: Nov. 21st *Time: 10 pm*

Open Mic Night

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Sign-Up at the Pub after 9 pm. Music starts at 10 pm!!

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Mining Engineering Authority and Industry Ambassador Wins Entrepreneurship Award

Larry Seeley, PhD., P.Eng., credited as being the driving force and catalyst in the transformation of Lakefield Research into the largest commercial metallurgical testing, research and development organization in the world, was presented with the Engineering Medal for Entrepreneurship at the annual Ontario Professional Engineers Awards Gala held at the Toronto Airport Marriott on November 14, 2003.

In 1995, Dr. Seeley spearheaded the management buyout of Lakefield Research from Falconbridge Limited and led its growth from 120 employees in small-town Ontario to over 900 employees with locations in Canada, Australia, South Africa, Brazil and Chile. Under his guidance, Lakefield won the 1997 Ontario Chamber of Commerce Outstanding Business Achievement Award for growth. In 2002, Lakefield Research was acquired by Société Générale de Surveillance, a Swiss company with over 30,000 employees. Dr. Seeley continues his role as President and Chief Executive Officer.

Dr. Seeley is a highly regarded public spokesperson and mining engineering expert with a broad knowledge of best business practices, mineral processing, and metal extraction from ores and recycled materials. His

push for the implementation of major breakthroughs in research has ensured cleaner mining processes to protect the environment. Throughout his career, he has fostered and promoted new technologies within the minerals industry worldwide, and is recognized as one of the industry's foremost ambassadors. A past president and board member of the Canadian Metallurgical Society, Dr. Seeley has been honored for his service to his industry and his community. He is a Fellow of the Canadian Institute of Mining and Metallurgy and was the Canada Council lecturer of the American Society of Metals. Dr. Seeley was made an honorary life member of Science North, Sudbury's popular science education and communication attraction. He has also served on the Board of Governors of Cambrian College and Trent University and has been invited to sit on engineering advisory boards at the University of Toronto and Queen's University.

Presented since 1947, the Ontario Professional Engineers Awards recognize outstanding individuals for engineering excellence and community service. In 2003, the annual awards program is presented by Professional Engineers Ontario and the Ontario Society of Professional

Engineers. The Engineering Medal for Entrepreneurship recognizes a professional engineer's initiative, energy and spirit in enabling companies to develop and foster job creation and economic growth. The Ontario Society of Professional Engineers is the voice of engineers and the engineering profession in Ontario. The Society works to advance the professional and economic interests of the province's 66,000 engineers by advocating with governments and by offering professional development and valued member services.

Professional Engineers Ontario administers the Professional Engineers Act by licensing professional engineers, and setting standards for and regulating engineering in Ontario so that the public interest is served and protected. Rigorously educated, experienced, and committed to a Code of Ethics that puts the public interest first, licensed professional engineers can be identified by the P.Eng. after their names.

The Ontario Professional Engineers Awards gratefully acknowledges its Awards Gala Sponsors: Canada Life, Celestica, DPIC Companies, GE Canada, Hume Imaging Inc., Ian Martin Ltd., Jordan Engineering Inc., Manulife Financial, Telus Mobility, The Personal Insurance Company.

Health expert to speak on Aboriginal health and rural/northern health research

Dr. Jeff Reading, Scientific Director of the Canadian Institutes of Health Research (CIHR) - Institute of Aboriginal Peoples' Health, will visit Laurentian University on Thursday, November 20. There will be an open session, from 1 to 2:30 p.m., in the Health Science videoconferencing room, during which he will meet members of the Laurentian and Sudbury health care communities interested in rural/northern health research and aboriginal health research.

Dr. Reading, who earned his Ph.D. in Public Health Sciences at the University of Toronto, also directs the CIHR rural/northern health research agenda. He holds the first endowed research chair at the Department of Public Health Sciences at the University of Toronto - the Trans-Canada Pipelines Chair in Aboriginal Health and Well-being. He is also a professor in the University of Victoria's Department of Indigenous Government Program.

Understanding and improving the state of health of Aboriginal people in Canada is a lifelong pursuit of Dr. Jeff Reading. For more than two decades, he has dedicated his energy to the emerging importance of aboriginal health issues in mainstream Canada. As an epidemiologist, his research has brought attention to such critical issues as disease prevention, smoking, healthy living, and accessibility to health care and diabetes among aboriginal people in Canada.

Between 1996 and 2001, Dr. Reading led research valued at nearly \$9 million into a variety of aboriginal health issues. His determination to bring solutions helped spur the creation of the Canadian Institutes of Health Research - Institute of Aboriginal Peoples Health in 2000. The long-term outcome of this research activity aims to improve the health of Aboriginal people in Canada and abroad, and to produce research that is scientifically rigorous and relevant to Aboriginals.

A leading national and international expert in Aboriginal health research, he is dedicated to the pursuit of excellence in research. In 2002, Dr. Reading delivered Health Canada's annual Amyot lecture, designed to foster innovation and debate on leading health policy issues.

As an Aboriginal person, Dr. Reading personifies new thinking and excellence in research in Canada and around the world that encourages the meaningful involvement of community people working alongside multi-disciplinary teams of health researchers.

Dr. Reading's visit to Laurentian is sponsored by the University's Centre for Rural and Northern Health Research (CRaNHR), Native Human Services Program and the Northern Ontario Medical School.

For more information, please call Dr. Raymond W. Pong, Research Director of the Centre for Rural and Northern Health Research at Laurentian University, at (705) 675-1151, ext. 4357 or rpong@laurentian.ca.

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Un expert en santé parlera des recherches sur la santé des Autochtones et la santé dans les régions rurales et du nord

M. Jeff Reading, directeur scientifique des Instituts de recherche en santé du Canada - Institut de la santé des Autochtones, sera à l'Université Laurentienne le jeudi 20 novembre.

Au cours d'une séance libre, qui aura lieu, de 13 h à 14 h 30, dans la salle de conférence du Centre de ressources pour l'éducation en matière de santé, M. Reading rencontrera des membres de l'Université Laurentienne et des milieux de la santé de Sudbury qui s'intéressent aux recherches sur la santé des Autochtones et la santé dans les régions rurales et du nord.

Titulaire d'un doctorat en sciences de la santé publique de l'Université de Toronto, M. Reading dirige le programme de recherche des IRSC touchant la santé dans les régions rurales et du nord. Il occupe la première chaire dotée en recherche au Département de recherche en santé publique de l'Université de Toronto, qui porte le titre de chaire en santé et mieux-être des Autochtones de la Trans-Canada Pipelines. Il est également professeur au Département du programme de gouvernement autochtone de l'Université de Victoria.

Comprendre et améliorer l'état de santé des peuples autochtones au Canada est une entreprise de toute une vie pour M. Reading. Depuis plus de vingt ans, il consacre son énergie aux questions touchant la santé des Autochtones, qui prennent une importance grandissante dans la population générale du pays. En tant qu'épidémiologiste, il a mis en évidence des sujets vitaux comme la prévention des maladies, le tabagisme, la vie saine, l'accessibilité aux soins de santé et le diabète parmi les peuples autochtones du Canada.

Entre 1996 et 2001, il a dirigé des recherches totalisant

près de 9 000 000 \$ concernant diverses questions de santé des Autochtones. Sa détermination à trouver des solutions a donné un coup de pouce à la création, en 2000, des Instituts de recherche en santé du Canada - Institut de la santé des Autochtones. À long terme, cette activité de recherche vise à améliorer la santé des peuples autochtones au Canada et à l'étranger, ainsi qu'à produire des résultats à la fois pertinents pour les Autochtones et rigoureux sur le plan scientifique.

Expert national et international en recherche sur la santé des Autochtones et toujours en quête de l'excellence, il s'est forgé une solide réputation. En 2002, il a prononcé la conférence annuelle Amyot de Santé Canada qui a pour but de favoriser l'innovation et le débat sur de grandes questions touchant les politiques de la santé.

En qualité d'Autochtone, M. Reading personifie le nouveau courant de pensée et l'excellence en recherche au Canada et dans le monde, courant qui incite l'intervention productive de la communauté en collaboration avec des équipes multidisciplinaires de chercheurs en santé.

La visite de M. Reading à l'Université est parrainée par le Centre de recherche en santé dans les milieux ruraux et du nord (CRSMRN), le programme de services sociaux pour les Autochtones et l'École de médecine du Nord-Ontario de la Laurentienne.

Pour obtenir de plus amples renseignements, communiquez avec M. Raymond Pong, directeur de recherche du Centre de recherche en santé dans les milieux ruraux et du nord à l'Université Laurentienne, au (705) 675-1151, poste 4357, ou à rpong@laurentienne.ca.

John Provenzano Appointed Alumni Officer, Cambrian Alumni Association

John Provenzano the former Manager of Public Relations for Youth Assisting Youth (YAY) has been appointed Alumni Officer, Cambrian Alumni Association. Mr. Provenzano pioneered the Public Relations Department for Youth Assisting Youth and his successful re-branding of the agency helped YAY's Peer Mentoring program expand across Southern Ontario. Most recently Provenzano ran his own Public Relations Consulting firm, Titan Communications, with such

clients as: The Toronto Argonauts, the NHL Alumni Association, Shoeless

Joe's Restaurants and the Ontario Provincial Police.

Provenzano is involved in politics and has managed a number of

successful municipal, provincial and federal campaigns over the past 10 years. Provenzano is involved with the Knights of Columbus in Ontario and was both Grand Knight and Deputy Grand Knight with Council #11535 in Maple, Ontario. He served as Deputy Grand Knight for the Sudbury Council #1387 last year. He is currently working on updating a publication on the history of the Knights of Columbus in Ontario, called Knights of Columbus in Ontario 1900 -2000.

Provenzano has received a number of awards for volunteerism and enjoys coaching and playing soccer. "John brings a combination of experience and youth to the alumni portfolio," said Brian Vendramin, Coordinator College Advancement and Alumni Development. "His communications and public relations skills, combined with his ability to work with people on many levels will allow him to reach out to Cambrian alumni across Canada."

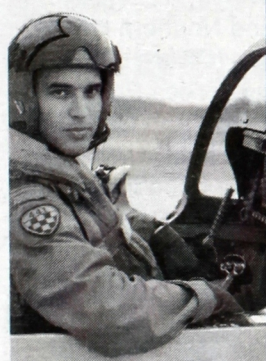
John has been living in Sudbury for the past two years. He is married to his wife Roberta, who is a tenure-track Professor at Laurentian University in the School of Modern Languages and Literatures. They have a 4-year-old daughter and a child on the way.

"Cambrian College is a proven leader in education in Northern Ontario," said John Provenzano. "I am proud to be associated with a college that has produced so many successful graduates. I look forward to pursuing my own personal development through the fine programs that Cambrian College has to offer."



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THE AMIABLE LIBRARIAN

This column is based upon remarks on the Compliments / Questions / Suggestions sheets near the exit of the J.N. Desmarais Library as well as on input from library staff as they react to student concerns. If you would like to get in touch with the Amiable Librarian, email Lambda@laurentian.ian.ca

A Note from the Amiable Librarian about Library Hours. This past term there has been quite a hue and cry about the library's hours and it is certainly true that at the moment, our hours are the worst in the Province of Ontario. Lionel Bonin, the Director of the Library, is actively working with the powers that be to resolve this problem, but in the meantime, he is pleased to announce that beginning next month, hours will be extended, at least during the exam period. More specifically, between December 5 and December 22 hours will be:

Monday - Thursday	8:30 a.m. - 11:00 p.m.
Friday	8:30 a.m. - 7:00 p.m.
Saturday	10:00 a.m. - 7:00 p.m.
Sunday	10:00 a.m. - 7:00 p.m.

Question: I was looking for some statistics on birth in Canada and discovered that Statistics Canada has a publication entitled: *Births and Deaths: Shelf Tables*. Most of this series is shelved in the public documents collection on the second floor under CA1 BS84 F0210 Ref.Doc. but the most recent issue is located in the Reference Section under HB 939 B57 Ref. What's up?

Sven Diggs

Answer: The Library is changing. For years it organized all public documents by issuing body—the BS is the Statistics Canada publication you referred to stands for Bureau of Statistics which is what that agency was known as before it got its current name. Last Spring, the Senate authorized the library to start integrating all public documents into those parts of the collection which were organized by subject using the Library of Congress system—reference, serials, and of course, books. This process began this

September and not only is the library organizing all incoming material by subject but this summer it will start converting older parts of the collection as well. If things go as planned, next year all the statistics on births should be found in the new spot in Reference.

Question: Hi. I'm trying to access an online book which is listed in the university's online catalogue. The link for this book is: <http://www.netlibrary.com/summary.asp?id=9326>. However I need a password in order to access this. Does the university have a password?

Greg Yuriy

Answer: Greg, to view Laurentian's eBooks, go to: www.netlibrary.com, and click on the button "Create account" at the top of the screen. You MUST create your netLibrary account from a computer on the Laurentian campus, within our designated IP address range, 142.51...

You'll be asked to enter a Username and Password, and a question + answer, in case you forget your password. Once the account is created from a Laurentian campus PC, you'll be able to access eBooks from anywhere, on-campus, home, cybercafes, etc, as your account is linked to a Laurentian IP.

The links in the Catalogue should work after that. You can browse online for 15 minutes, have exclusive access to the title for a 24-hour period by borrowing it, or after downloading a free eBook reader to your PC, download the title to your PC where you may also view for the 24-hour period, as well as make margin notes, cut and paste text, etc. Titles are automatically returned to the eCollection after 24 hours.

Question: I am looking for a death [result of an accident that supposedly warranted an article] and I have been told it was in the Sudbury Star [c.1940] but may have appeared in another paper. I live three hours from you and it was recommended I contact the University for other papers. If you do have microfilmed newspapers would you have a contact for me that does

lookups. Thank you.

Mrs. Clement.

Answer: Unfortunately it is impossible for us to do that kind of search for you: it would take a full day (and maybe more if you are not sure what year you are exactly looking for, and what newspaper). So the Amiable is afraid you would have to come to the Library. You can search our catalogue to find out which newspapers are available here at Laurentian. The Amiable strongly suggests that if possible, you find out more about the date the accident happened since there are no indexes to most newspapers.

A Parting Note from the Amiable Librarian about Trials.

Almost each month, the library is given trial access to certain electronic products. If you go to our homepage these days, you will see some of the following items on trial:

- 19th Century Masterfile (which gives wonderful access to newspapers of that period);
 - Canadian Tax Reporter (great for Commerce students and profs);
 - eHRAF Archaeology and eHRAF Ethnography (a must for Anthropology types);
 - History Online (need we say more?);
 - Mineralogical Abstracts (Ok Engineers, get cracking);
 - Periodical Content Index Full Text (history types can start salivating);
 - ProQuest Historical Newspapers (wow—the New York Times since the beginning...no more microfilm) and finally Worldcat (last and probably best—a fantastic collection of almost every book published ... in all languages. Wowee).
- Keep going to the Home Page to find out more. Of course you'll also discover new products the library has decided to purchase such as:
- The Canadian Newsstand (your index to the Sudbury Star);
 - Children's Literature Comprehensive Database and
 - Physics Abstracts being recent examples.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 SGA AGE	3 monday twoonie movie 8pm FIGHT CLUB 10pm MEMENTO	4	5 board meeting 5pm	6 be at the PUB last chance to win MAXIM	7 BIG SCREEN TV now in the PUB	8
9	10 VOTE MUNICIPAL ELECTION TODAY	11 REMEMBER	12	13	14	15 HOCKEY right start in the PUB 6pm
16 financial awareness week	17 credit workshop NOON monday twoonie movie 8pm SAY ANYTHING 10pm HIGH FIDELITY	18 awards & busaries workshop NOON commons room	19 budget travel workshop NOON board meeting 5pm	20	21	22 SGA CURLING FUNSPIEL
23 charity ball tickets have been on sale a week GOT YOURS YET?	24 early bird tickets \$15/person	25 AIDS AWARENESS WEEK	26	27	28 continue to enjoy Saturday games Hockey Nights in the PUB	29
30						

Talented Sudburians Gather at the Soiree

By Irene Golas

Sudbury has many talented spoken and sung word artists, and you can hear some of them performing their own work at Our Own Soiree. The Soiree is an evening of music, poetry, fiction, storytelling and dramatic performances by Sudbury writers and performing artists. The next Soiree will take place on Saturday, November 22 at 8:00 p.m. at the Sudbury Arts Council, 124 Cedar Street. Admission is by a suggested donation of \$5 at the door.

This month's performers will be poets Arthur Quesnel and Eric Moore, novelist Sean Costello, performance poet Valerie Senyk, short story writer Linda Bayley, and singer-songwriter Dolores Dagenais. Quesnel is a retired English teacher whose poetry has appeared in Northern Prospect, Like Lemmings, and four Northern Ontario Poetry Competition collections. Moore, a former CBC Radio presenter, was published in the 2003 Northern Ontario Poetry Competition collection, and won this year's Sudbury Star Summer Short Story Contest. Costello is a Sudbury anaesthetist and author of the medical thriller Sandman. He also wrote three horror novels, Eden's Eyes, The Cartoonist, and Captain Quad, and a black comedy, Finders Keepers.

Bayley's award-winning fiction has appeared in Northern Life and the Sudbury Star. Her stories have also been published in Storyteller and Geist magazines. Valerie Senyk and Dolores

Dagenais are familiar faces on the Sudbury performing arts scene. Both have performed at numerous venues, including Meltdown and Northern Lights Festival Boreal. Senyk, a published and recorded performance artist, is director of the Theatre Arts Programme at Thorneloe University. Dagenais, a singer-songwriter with a powerful, expressive voice and lyrics, released her first CD, Mona Lisa's Smile, this year. Her music is a blend of folk/soft rock and country. The Sudbury Arts Council and Northern Lights Festival Boreal have been bringing Our Own Soiree to the community since October 2002.

The Soiree is organized by Irene Golas, a Sudbury poet, and hosted by Spider Allen, a storyteller and actor at Thorneloe's Theatre Arts Programme. Their goal is to provide a venue where artists can perform their work and the community can enjoy and support the work of its artists. The Art Council's ArtSpace is also a comfortable setting for new or young performers, or for those who wish to try out new or experimental pieces.

The Soiree takes place once a month from September to May, except December. Watch for exact dates in directions (the Sudbury Art Council's bimonthly newspaper), SACS FACTS e-mail, local media and Soiree flyers. New performers are always welcome. For more information, or to book a performance spot, call Irene Golas at 566-6478.



Our Own Soirée

An evening of music, poetry, fiction, storytelling and dramatic performances at the

Sudbury Arts Council

124 Cedar Street, Sudbury

Appearing the evening of

Saturday, November 22, 2003

8:00 p.m.

Arthur Quesnel: Poet

Sean Costello: Author

Eric Moore: Poet

~~~Intermission~~~

**Valerie Senyk: Performance Poet**

**Linda Bayley: Writer**

**Dolores Dagenais: Singer-Songwriter**

Suggested Donation \$5 at the door

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## Laurentian University appoints new Executive Director of University Advancement

Dr. Judith Woodsworth, President of Laurentian University, is pleased to announce the appointment of Mr. Tamás Zsolnay as Executive Director of University Advancement, effective November 10, 2003. He will be responsible for providing executive leadership and management in Laurentian's external relations activities. The University Advancement portfolio includes Alumni Affairs, Development, and Public Affairs.

Mr. Zsolnay, who is fluently bilingual, has accumulated a great deal of experience in the advancement field and has spearheaded several successful fundraising campaigns. In recent years, he was Executive Director of University Advancement and Alumni Relations at Concordia University where he enhanced alumni relations and participation, and designed and directed new fund development initiatives. He also held various positions with Navion, a leading firm of fund raising consultants, including Senior Vice-President for Eastern Operations, where he planned and directed campaigns for health, educational, religious, social service and cultural organizations.

Mr. Zsolnay recently returned from Ethiopia and Eritrea, in East Africa,

where he was the Chief Operations Officer for the United Nations Military Observer Group. A Lieutenant-Colonel in the Canadian Forces Primary Reserves, he planned, coordinated and directed the operations monitoring the peace agreement between Ethiopia and Eritrea.

Along with his extensive professional experience, Mr. Zsolnay has solid educational credentials. He earned a Bachelor of Arts from Concordia University and a Certificate in Fundraising Management from the Grant MacEwan Community College. He also obtained his Certified Fund Raising Executive designation from the Association of Fund Raising Professionals.

In announcing the appointment, Laurentian University President, Dr. Judith Woodsworth, underlined Mr. Zsolnay's proven success in advancement in various parts of Eastern Canada. "I was very impressed with Tamás natural leadership ability as well as his excellent communication and negotiation skills. His hands-on experience and methodical approach, as well as his mentorship skills, will enable the University to move forward in the areas of fundraising, communications and promotion, and to offer greater outreach to our 30,000 alumni."

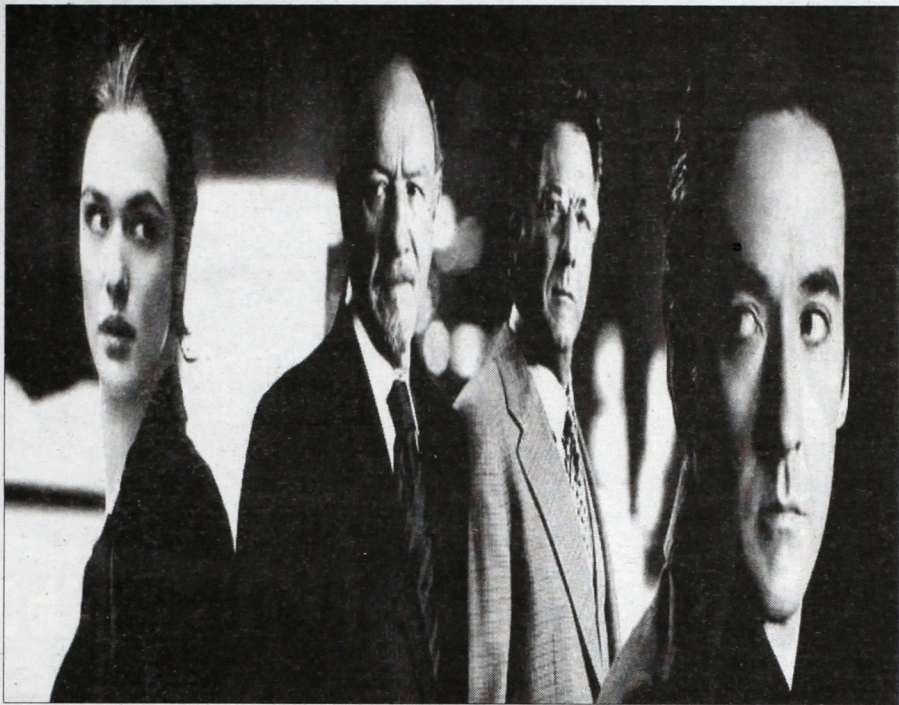


# Get Taken Away with Runaway Jury

By: Kristin Grant-Smith

This movie lives up to the expectations of John Grisham movie fans in the great tradition of other books made into movies *A Time to Kill*, *The Client* and *The Pelican Brief*. Although I should admit that I haven't read the book, so it's hard to judge the consistency, but there is one big difference that I have been made aware of, in the book the trial involves a tobacco company whereas in the film the trial involves a civil suit between a woman and a heartless gun company.

So the film starts off after setting up the circumstances behind the trial, with the jury selection. The defence have hired a prominent jury consultant Rankin Fitch (played by Gene Hackman, in his third film based on a Grisham novel) who researches every aspects of a potential juror's life to help the defence pick jurors that will favour them, allowing them to



win the case. He believes as the tagline states, that trials are too important to be left up to juries (*America's Sweetheart's* John Cusack plays one of the jurors Nicholas Easter).

It would seem as though prosecutor Wendell Rohr (played by Captain Hook himself Dustin Hoffman) doesn't have a hope in hell of winning the case. But hope does not seem lost when a mysterious woman known only as Marlee (*The Mummy's* Rachel Weisz) makes it known to the lawyers that she has control of the jury, and it is for sale for the bargain price of 10 million dollars.

To prove her

point she sends them cryptic notes like "I hope you are feeling patriotic", which by the next day of trial have come true, and finally make sense. So begins the game of cat and mouse, as Hackman and his minions try to stop Weisz from ruining his perfectly selected jury, and by trying to intimidate them to vote in his favour.

This movie is suspenseful, because even if you do suspect something you are never sure how it's going to be brought about, or you are not exactly sure what it is. Although it is long it keeps you at the edge of your seat, how will the jury find? Will a mistrial be declared? Does Marlee in fact sell the jury? If so

who buys it? It was definitely an engaging piece, unlike certain recent revolutionary movies consisting solely of fighting and death that put me to sleep. Although there is some action, it's not Matrixesque, it is a good balance between an intellectual flick and a suspense flick, that is great for people of either sex.

The impressive all star cast does just that, impress, as does the supporting cast (Which includes *Flashdance's* Jennifer Beal (move over Demi Moore)- did somebody say even more proof that the 80's are back in full swing - scary). The cinematography is just great, as are the sets, as it captures the N'orleans scenery. Costumes on the other hand, Dustin needed to fire his wardrobe person, cause some of those suits were just bad! Seriously though this movie is worth seeing, so go get taken away by Runaway Jury.

## "Radio" is a Must-See for Everyone!

By: Stephanie Worton  
Editor in Chief

Based on a Sports Illustrated article, *Radio* tells the true story of the unusual friendship between Harold Jones (Ed Harris), a white football coach at a South Carolina high school, and a mentally challenged African-American man nicknamed Radio (Cuba Gooding Jr.).

The film covers the duo's nearly 40-year relationship, which continues to this day, and how Coach Jones' mentorship inspired his teams and eventually the entire town. While it could be successfully argued that Cuba Gooding Jr. played mentally challenged characters in his last two films, "Boat Trip" and "Snow Dogs," the actor does the full Forrest Gump in "Radio." James Robert (Radio) Kennedy, based on a real person, pushes an old shopping cart through the streets of his small South Carolina town in the mid-1970s. Most folks leave him alone, until one afternoon when he's locked in the metal equipment shed of the high school football field.

When Coach Harold Jones (Ed Harris) finds the boy cowering inside, he punishes the players responsible by making them run laps until dark. Then he takes the young man he nicknames Radio under his wing as team assistant. Soon Radio is standing on the sidelines, right next to the coach, or bouncing along with the cheerleading squad. Coach Jones also takes Radio to school, gives up trying to teach him how to write, but lets him sit in class and read the lunch menu over the P.A. Jones may be helping the boy's self-esteem, but his football team is losing. His barbershop cronies think he's losing his concentration.

When the coach benches the son of one of the team's biggest boosters for playing a cruel trick on Radio, the school board urges that Radio spend his time in a mental institution instead. There are a hundred reasons for the cynic in me to hate this movie. After all, Radio works only on AM (absolute manipulation), while solid actors like Harris, Debra Winger and Alfre Woodard are wasted in parts way beneath their talents. Director Michael Tollin ("Summer Catch") uses every frame, every situation, to elicit mostly unearned tears.

That said, "Radio" is a genuine audience-pleaser, especially for families. Harris wisely soft-sells Michael Rich's script, which is chock-full of morality lessons and preachy speeches. And as much as you want to dismiss Gooding's performance as a cheap ploy to gain another Oscar nomination, you can't help but cheer Radio on.

Of course I should know better, but the movie had me blubbing from its first down. Good luck finding a dry eye in the house when the real Coach Jones and Radio, now in his 50s and still rooting for his team, appear over the closing credits.

## Scary Movie 3 the Funniest Yet!

By: Stephanie Worton  
Editor in Chief

The comedy spoof series that knows no fear is at it again with its funniest installment yet. The third instalment in the Scary Movie spoof franchise pokes fun at sci-fi thrillers and sees TV news reporter Cindy Campbell (Anna Faris) investigating mysterious crop circles on the farm of Tom Logan (Charlie Sheen).

Other Cindy subplots that will ring a bell involve a mysterious videotape that kills one of her friends and an encounter with a prophet named Orpheus (Eddie Griffin), who tells Cindy she's "the one" and must help the president (Leslie Nielsen) prevent an alien invasion. The first two films in the "Scary Movie" series were made by the Wayans brothers, inspired by the earlier genre spoofs "Airplane!", "Naked Gun" and "Police Squad."

For the third episode, the producers went to the original source, and the result is the funniest and possibly sickest entry yet. "Scary Movie 3" is directed by David Zucker, one of the creators of "Airplane!", "Naked Gun" and "Police Squad," and co-written by Pat Proft, who worked on most of those films.

The formula hasn't changed much. "Scary Movie 3" lifts themes and characters from a spate of recent hits, turns them into comic foils and cobbles them together in a mad scramble of outrageous quips, sight gags and puns. The jokes come in endless flurries, and if they're working - even at a ratio of 1 in 4 - you're laughing more than you're not. The Zucker-Proft team simply has a higher batting average than the Wayans. Here, the horror hits being picked over include "Signs," "The Ring," "The Sixth Sense" and "The Others." But it also has fun with "8 Mile," "Bruce Almighty" and "The Matrix." Cindy Campbell (Anna Faris), the TV anchor in the first two movies, returns to get herself in the middle of an alien invasion (from "Signs") and a plot to destroy humans with a videotape that kills people seven days after they watch it (from "The Ring"). She's caring for a clairvoyant boy (from "The Sixth Sense") who has the irritating habit of predicting everyone's immediate future. "You're going to get lucky tonight," he tells a pleased gentleman arriving at a party with a tall blond. As the blond passes, he says, "He doesn't know you're a man."

The movie has a curiously clear story line. Charlie Sheen plays

the Mel Gibson character from "Signs," and Cindy falls in love with his self-loathing brother (Simon Rex), a farmer-rapper fashioned after Eminem's character in "8 Mile." Everyone ends up at the farm - including a slew of aliens and the entourage of the bumbling U.S. President (Leslie Nielsen). Sheen and Nielsen have been playing the same characters in these kinds of spoofs for a long time, and their presence is welcome, even though Nielsen seems to have undergone one of those face-lifts where the doctor puts his foot on the back of your head and pulls. The running jokes involve the corpse of a woman whose friends refuse to believe she is dead and the accident-proneness of the clairvoyant child, who is thrown from windows, hit by cars and conked on the head by every blunt object that's handy. His last accident will have audiences laughing and gasping at the same time. There are several funny cameos from the likes of Jenny McCarthy, Pamela Anderson, Queen Latifah and George Carlin. But the scene stealer is Edward Moss, a Michael Jackson impersonator who shows up as His Weirdness in a hilariously vicious sendup. Jackson has threatened to sue, but so far, parody rules.



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